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U. S. Department of Agriculture

THE HOUSEHOLD CALENDAR.

A radio talk by Mrs. Rowena Schmidt Carpenter, Assistant to the Chief of Bureau of Home Economics, delivered through WRC and 30 other stations associated with the National Broadcasting Company, at 1:35 p. m., Eastern Standard Time, Thursday, August 1, 1929.

HOW DO YOU DO, HOMEMAKERS!

The very first response to the July 18th Household Calendar was from a Kansas City, Missouri, homemaker who said that hot weather meals are her special interest just now. She wondered if I could tell her about appetizing combinations that would properly nourish her family and at the same time not involve too much hot preparation for her. That seemed to me such a timely question that I am giving my answer to all of you.

Summer or winter, in the heat or the bitter cold, there are certain requirements that must be met if the body is to be kept in good running order. But in the summer we meet these requirements with somewhat lighter dishes than in the winter, cutting down on fat roasts with rich gravies, avoiding heavy desserts such as pastries and rich puddings, and using an abundance of fruits and vegetables, some of them raw. The appetite is often stimulated by serving some cold foods. Some whole meals may be served cold.

Many people build the meal around the protein dish, so let us consider that first in talking about summer meals. Cold sliced roast, baked ham, chicken, or summer sausage, attractively arranged on a platter with a parsley garnish makes a very suitable protein dish for dinner on a hot night. Either dinner or lunch may be built around a meat, fish or egg salad, containing plenty of crisping materials (cucumbers, celery, pickle or green pepper, and a bed of crisp lettuce). For variety, sometimes serve this salad in a large ripe tomato that has been hollowed out a little. Perhaps your family insists on hot dishes even in summer. Try creamed fish on toast, diced meat in cream sauce, a cheese rarebit on crackers or toast, or creamed hard cooked eggs. Cream sauce should not be used so often that its flavor and consistency become monotonous; for variety use tomato sauce in the same dishes occasionally. Hamburger cakes in tomato sauce, a tomato rarebit, sliced hard cooked eggs in tomato sauce are delicious for a change. And before we leave the subject of protein foods, we must remember that the cottage cheese or the hard cheese used with salad or in sandwiches, and the milk that we drink, all contribute to the day's requirements for protein.

With the markets so full of tempting vegetables and fruits, there is little danger of a lack of the necessary minerals and vitamins, or of interesting flavors. attractive color combinations, and plenty of bulk in the diet this time of the year. In making well balanced menus, choose from each of the various types of vegetables remembering that the roots and seeds contain more starch and sugar and therefore furnish more calories than do the leaves, stems and fruits of plants. The latter are more watery, are richer in the vitamins and in certain minerals. Plan to use, therefore, some root vegetable such as potatoes, carrots, turnips, rutabagas, together with a leafy one such as spinach, Swiss chard, kale, cabbage, beet and turnip tops. Or in meals where a generous portion of one of the salad greens

(lettuce, endive, Romaine, water cress) is served, choose a stem or fruit such as celery, cucumbers, green pepper, egg plant, squash or tomatoes to accompany the starchy vegetable. It makes things easier for the cook and spreads variety throughout the week if only one or two vegetables in addition to salad are served in the same meal, either winter or summer.

You can simplify meal preparation further, and at the same time increase the appetite and improve the nutrition of your family, by serving more vegetables raw. Some suggestions for raw vegetable salads and raw vegetable sandwich fillings are given in Aunt Sammy's Radio Recipes, which we can send you without charge. Of course tomatoes, celery, and cucumbers are often served on the plate raw without any special preparation, and many people enjoy sliced green peppers, cabbage and carrots the same way. When you do cook vegetables, boil or simmer them the shortest possible length of time for tenderness, using little or no water, or cooking quickly in milk. Season simply, with salt, pepper and butter, or with seasonings and cream, or a small amount of bacon drippings, and let the family appreciate the characteristic flavor of the vegetable.

In selecting summer desserts, we depend for the most part on fruits. It is so easy for the cook and so appetizing to the whole family to have a bowl of grape or luscious ripe peaches or pears, or plums, or of fragrant ripe bananas on the table, to be eaten with no preparation ahead of time other than washing. And, isn't it a joy these hot days to end the meal with a slice of ice cold watermelon, cantaloupe or honey dew melon? For very special meals, sliced fruit may be served with cream or with ice cream, and cookies or cake, or the half of cantaloupe may be dressed up with a scoop of ice cream. And let us not forget how refreshing a finish to the hot weather meal is a pitcher of lemonade, orangeade, or limeade, or a mixture of fruit juices enhanced by a few sprigs of mint, slices of oranges, or large red cherries. The same juices frozen in a fruit ice or a milk sherbet touch the right spot on a hot evening.

So much for general suggestions. Now for a few menus before I say goodbye: Some hot noon or evening try a sandwich of toasted bread with bacon, tomato, salad dressing and lettuce, or, if you prefer, with cold sliced tongue or sliced ham instead of the bacon. With this sandwich serve potato salad, and a glass of cold milk, and finish off with peaches and cream.

For dinner some hot night, serve:

• Meat loaf (sliced hot or cold)

String beans - Buttered Carrots - Bread and Butter - Iced Tea

Lettuce with French or Russian Dressing

Cantaloupe, Honey Dew Melon, or Berries in Season.

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For the lighter meal, lunch or supper, I suggest:

Hard Cooked Egg in Cream Sauce OR Deviled Eggs

A Large Ripe Tomato Stuffed with Some Raw Vegetable Mixture

Crackers, Toast, or Hard Rolls

Cookies and Fruit Juice.

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Or:

Cheese Rarebit on Toast - Sliced Cucumber and Onion on Lettuce -
French Dressing
Corn on the Cob - Iced Coffee
Some Fresh Fruit: Plums, Grapes or Pears.

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Another hot weather dinner:

Broiled Steak, Chops, or Calves Liver and Bacon
Yellow Squash, "Quick Cooked", and Seasoned with Salt, Pepper and
Butter - Parsley Potatoes - Celery - Whole Wheat Bread and Butter -
Iced Tea - Watermelon.

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A dressier meal for some special occasion:

Fried Chicken, Cold Sliced Roast, or Sliced Baked Ham
Creamed Lima Beans or Creamed New Peas - Potato Chips
(Or Buttered Beans or Peas in Mashed Potato Nest)
Cabbage and Raw Carrot, or Cabbage and Green Pepper, Salad
Rolls and Butter - Iced Tea or Coffee
Fruit Sherbet with Sponge Cake.

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An individual note may be added to any meal by running in some special favorite of the family, for instance, pickled peaches or spiced cherries; mixed vegetable relish, chile sauce, catsup or pickles; currant, plum or green grape jelly. Often it is the bit of color or the tart flavor introduced by a jelly or relish that turns the trick in stimulating sluggish appetites during hot weather.

And now goodbye, Homemakers, until next Friday, when Dr. Stanley will be with me to answer some questions on picklemaking.

